PE Written Assignment

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Guide to Becoming a Better Pitcher

*The art of pitching is a large aspect of the modern game of baseball. In order to be the best of the best as a pitcher you must develop strong legs and be able to push off with great power. Along with that you must have healthy shoulders and specifically your rotator cuff to stay in the game. This workout regime addresses both those muscle groups very strongly.*

**Meeting #1**

*The first meeting focuses on developing muscle in your with various types of heavy lifts. Along with hitting other important muscle groups such as the core and shoulders.*

**Warm-up**

5 minute Cardio to get loose

Any stretching that needs to be done based on how your body feels post cardio.

**Workout Squats**

|  |  |
| --- | --- |
| Squats | x12,10,8,6,6 |
| Military Press | 3x10 |
| Lunges | 3x12 (each leg) |
| Bulgarian Split Squats | 4x6 |
| DB Rows | 3x10 |
| Single Leg RDL | 4x6 (each leg) |

**Arm Care**

*Using a resistance band loop it around a stationary object. With this in place do arm circles, rows, throws, and presses. This will assure that your rotator cuff is mobile and healthy. When doing the throws simulate the motion of throwing a baseball while holding on to the resistance band.*

* Presses Rows*

**Core Crunches**

|  |  |
| --- | --- |
| Crunches | X25 |
| Russian Twist | X50 |
| Alt. Toe Touches | X25 |
| V-Ups | X20 |
| Bicycle Crunches | X30 |
| Scissor Kicks | X25 |
| Russian Twist | X25 |

**Meeting #2**

*Day 2’s emphasis is to work on exploding, a key tool in pitching. We will use low weights with high reps and do lots of jumping and agility drills.*

**Warm-Up**

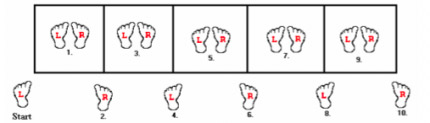
5 Minute Cardio

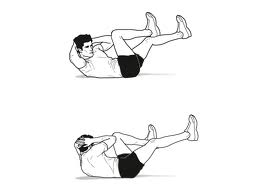
Any other necessary stretching.

**Workout Box Jumps**

|  |  |
| --- | --- |
| Box Jumps | :box-jump.jpg4x8 |
| Power Cleans | 3x10 |
| Broad Jumps | 4x20yds |
| Split Squat Jumps | 3x8 |
| Low Butt Walks | 3x20yds |
| Tuck Jumps | 3x30sec |
| Single Leg Vertical Jumps | 4x20 (each leg) |

**Ladder Drills Two In Two Out**

Two Feet in Each Box **Bicycle Crunches**

Icky Shuffle

Two In Two Out

Hopscotch

**Core**

|  |  |
| --- | --- |
| Crunches | X25 |
| Russian Twist | X50 |
| Alt. Toe Touches | X25 |
| V-Ups | X20 |
| Bicycle Crunches | X30 |
| Scissor Kicks | X25 |
| Russian Twist | X25 |

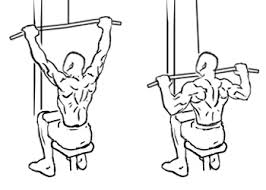
**Meeting #3**

*Meeting 3 is mainly focused on the upper body element of pitching. This is important to give your lower body a rest but also to make sure the upper body does not become weak.*

**Warm-Up**

5 minutes of Cardio

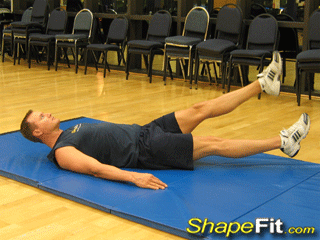
Arm Stretches (arm circles etc.) **Lat Pulldowns**

**Workout**

|  |  |
| --- | --- |
| Lat Pulldowns | 3x10 |
| Cable Rows | 3x10 |
| Push Ups | 4x25 |
| DB Bench Press | 3x10 |
| Pull Ups | 3xMAX |
| Skull Crushers | 3x10 |

**Core**

|  |  |
| --- | --- |
| Crunches | X25 |
| Russian Twist | X50 |
| Alt. Toe Touches | X25 |
| V-Ups | X20 |
| Bicycle Crunches | X30 |
| Scissor Kicks | X25 |
| Russian Twist | X25 |

** Scissor Kicks**

**Meeting 4**

*This meeting, like meeting one, is focused on developing strength in your legs so you can apply it to the explosive training in meeting two.*

**Warm-Up**

5 minute Cardio

Stretching appropriate to what is needed.

**Workout Front Squat**

|  |  |
| --- | --- |
| Deadlift | X12,10,8,6,4 |
| Front Squat | :squat-variants.jpg4x8 |
| Leg Press | 4x8 |
| DB Military Press | 3x10 |
| Rev. Lunge | 3x12 (each leg) |
| Farmer Walks | 3x20yds |

**Core Russian Twists**

|  |  |
| --- | --- |
| Crunches | :RussianComp.jpgX25 |
| Russian Twist | X50 |
| Alt. Toe Touches | X25 |
| V-Ups | X20 |
| Bicycle Crunches | X30 |
| Scissor Kicks | X25 |
| Russian Twist | X25 |

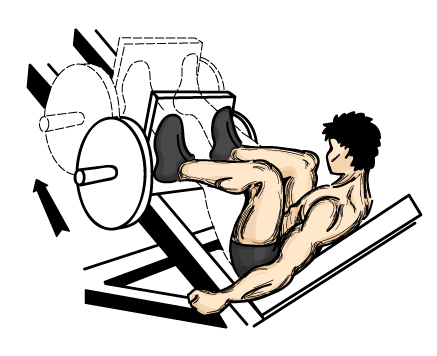
**Meeting 5**

*This meeting is meant to put the strength built in meeting 4 to use. This meeting involves a lot of explosive exercises along with arm care segments.*

**Warm-Up**

5 minute Cardio

Stretching appropriate to personal needs.

**Workout Leg Press**

|  |  |
| --- | --- |
| Truck Drivers | 3x30sec |
| Med Ball Squat Jumps | 3x15 |
| Med Ball Slams | 3x15 |
| Power Cleans | 3x6 |
| Broad Jumps | 3x20yds |
| Vertical Jumps | 3x15 |
| Tuck Jumps | 3x12 |

**Arm Care**

*Using a resistance band loop it around a stationary object. With this in place do arm circles, rows, throws, and presses. This will assure that your rotator cuff is mobile and healthy. When doing the throws simulate the motion of throwing a baseball while holding on to the resistance band*

**Core V-Ups**

|  |  |
| --- | --- |
| Crunches | :imgres.jpgX25 |
| Russian Twist | X50 |
| Alt. Toe Touches | X25 |
| V-Ups | X20 |
| Bicycle Crunches | X30 |
| Scissor Kicks | X25 |
| Russian Twist | X25 |

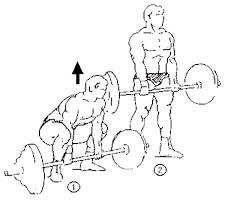
**Expectations**

*If this workout regime is carried out regularly and all the procedure is followed you should see results in leg strength and core overtime. This will correlate to your performance on the pitchers mound. With this developed leg strength you will be able to push off the mound harder. Also, with the newly acquired core strength you will be able to pull down harder, this will directly affect velocity and effectiveness on the mound.*

*How to do the Exercises*

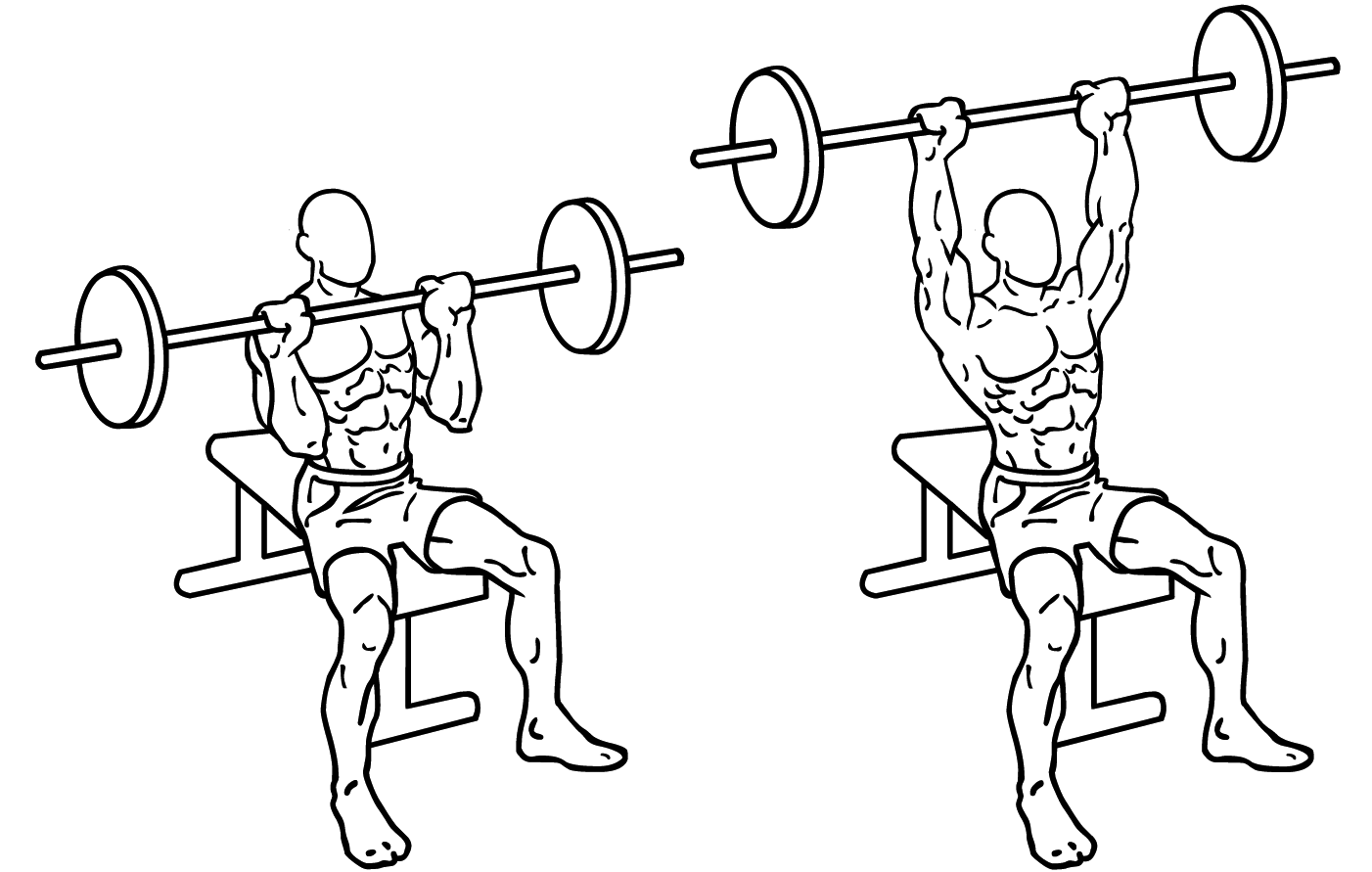
*Lunges Skull Crushers Deadlift*

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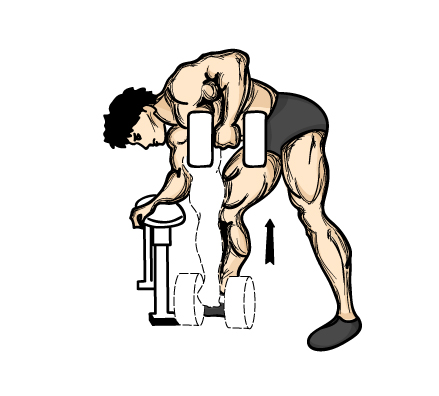
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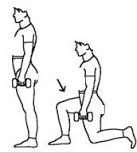
*Military Press Bulgarian Split Squats Single Leg RDL*

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*Reverse Lunges DB Rows*

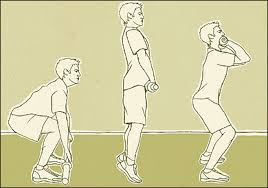
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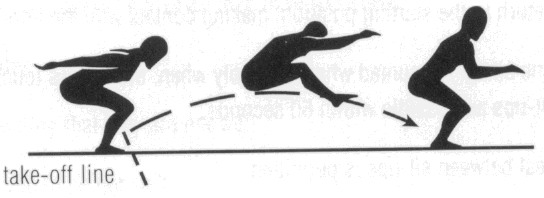
*Alternating Toe Touches Farmer Walks*

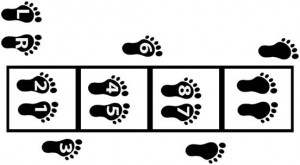
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*Med Ball Slams Power Cleans*

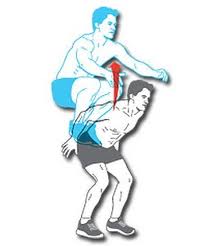
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*Broad Jumps Icky Shuffle (Ladder Drill)*

* https://www.youtube.com/watch?v=vA1pvtXHNhw*

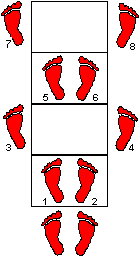
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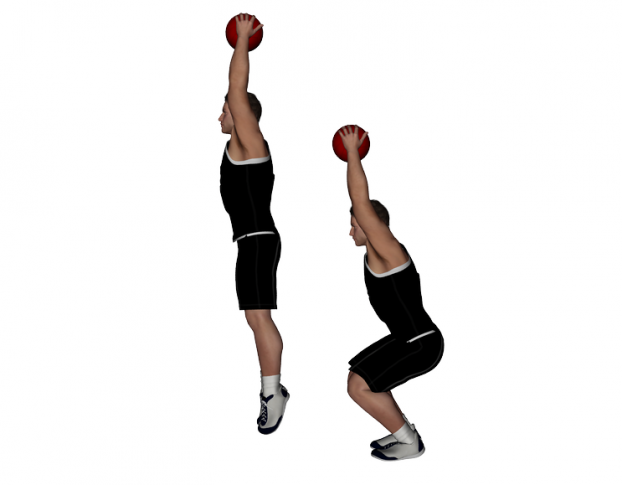
*Split Squat Jumps*

* Tuck Jumps Single Leg Vertical Jumps*

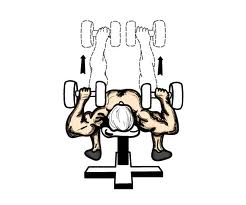
*Two Feet Each Box Med Ball Squat Jumps Hopscotch*

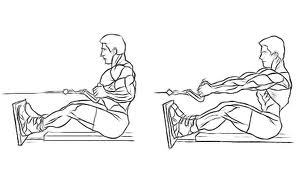
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*Cable Rows DB Bench Press*

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